

Plaque Psoriasis on the Head Symptom and Treatment Tracker

Here's a helpful tracker table for individuals managing plaque psoriasis on the head. This table can be used to monitor symptoms, triggers, treatment effectiveness, and other relevant factors.

Date	Symptoms Experienced	Severity (1-10)	Potential Triggers	Treatment Used	Effectiveness (1-10)	Notes/Comments
YYYY-MM-DD	Red patches, itching	7	Stress, cold weather	Topical corticosteroids	8	Improvement after 3 days
YYYY-MM-DD	Silvery scales, burning	6	Skin infection	UV phototherapy	6	Sessions needed every week
YYYY-MM-DD	Red patches, hair loss	9	High stress	Systemic medication	7	Noticed hair regrowth
YYYY-MM-DD	Itching	5	Allergens (detergents)	Topical vitamin D analogs	9	Very effective for itching
YYYY-MM-DD	Scaling	4	Weather changes	Moisturizers	8	Helps maintain skin hydration

How to Use This Tracker:

- Date:** Record the date you are monitoring.
- Symptoms Experienced:** Note any symptoms you have experienced that day.
- Severity (1-10):** Rate the severity of your symptoms on a scale of 1 to 10, with 10 being the most severe.
- Potential Triggers:** List any factors that may have contributed to flare-ups (stress, weather, infections, etc.).
- Treatment Used:** Document the treatments you applied or took that day.
- Effectiveness (1-10):** Rate the effectiveness of the treatment on a scale of 1 to 10.
- Notes/Comments:** Add any additional comments or observations that may be helpful for managing your condition.

By keeping track of your symptoms and treatments, you can gain valuable insights into what works best for you, making it easier to manage plaque psoriasis on the head effectively. If you notice patterns or significant changes, be sure to discuss them with your dermatologist at **Dr. Hera's Skin & Hair Clinic** for personalized care.